

Cowboy Caviar (Bean Salsa)

Prep time: 10 minutes

Makes: 16 Servings

This salsa is a party favorite. Using pantry items liked canned beans, corn, and tomatoes, this recipe comes together quickly and can serve a crowd.

Ingredients

- 1 can kidney beans, drained (15 ounces)
- 1 can black beans, drained (15 ounces)
- 1 can corn, drained (15 ounces)
- 1 can crushed tomatoes (15 ounces)
- 1 can chopped green chilies, drained (4 ounces)
- 1/4 cup finely chopped onion
- 1 tablespoon oil
- 3 limes, juiced (optional)
- salt (to taste, optional)
- pepper (to taste, optional)

Directions


- 1) Mix kidney beans, black beans, corn, tomatoes, chilies, and onion in a large bowl.
- 2) Add lime juice, oil, salt, and pepper; toss gently to combine.
- 3) Serve by itself or with corn chips.

Colorado State University and University of California at Davis. Eating Smart Being Active Recipes.

Nutrition Information

Nutrients	Amount
Calories	87
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	194 mg
Total Carbohydrate	15 g
Dietary Fiber	4 g
Total Sugars	2 g
Added Sugars included	0 g
Protein	4 g
Vitamin D	0 IU
Calcium	28 mg
Iron	1 mg
Potassium	271 mg
N/A - data is not available	

MyPlate Food Groups

 Vegetables	1/2 cup
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